

(I) CLAIMS

Having described a preferred embodiment of the invention, what is claimed is:

1. An apparatus for modifying the stride of a baseball batter's swing motion, comprising:
 - a stirrup sized for capturing a lower portion of a baseball batter's foremost ambulatory appendage;
 - an elastomeric tethering strap comprising an end attached to said stirrup and an anchoring end connected to a substratum by means for releasably anchoring said tethering strap to said substratum affixed atop the ground surface, said strap sized for elastomerically tethering the baseball batter's captured appendage to said substratum, said elastomericity including biasing favoring the return of said strap to its original shorter length and providing elastomeric constraint essentially equally in all directions during elastomeric lengthening of said strap, said elastomeric constraint being insufficient to prevent the batter's foot from leaving said substratum;
 - said means for releasably anchoring said tethering strap to said substratum releasing upon the application of said elastomeric constraint sufficient to constitute substantial destabilizing hindrance, so that the batter's foremost foot is allowed to stride in any direction essentially free of substantial destabilizing hindrance.
2. An apparatus described in claim 1 hereinabove, said means for releasably anchoring said tethering strap to said substratum selected from the group consisting of matable halves of a snap and a hook and loop fastening system, and combinations thereof, one half attached to said substratum and the other half attached to said tethering strap anchoring end.
3. An apparatus described in claim 2 hereinabove, said means for releasably anchoring said

tethering strap to said substratum comprising one matable half of a snap attached to said substratum and the other matable half of said snap attached to said tethering strap anchoring end.

4. An apparatus described in claim 1 hereinabove, said stirrup comprising a stirrup strap sized to circumnavigate at least a lower portion of a baseball batter's foremost ambulatory appendage.

5. An apparatus described in claim 4 hereinabove, wherein said stirrup strap is long enough to capture the arch portion of the batter's foot.

6. An apparatus described in claim 4 hereinabove, wherein said stirrup strap is long enough to capture the batter's lowermost leg.

7. An apparatus described in claim 4 hereinabove, said stirrup strap comprising:
a first terminus and a second portion, said first terminus including one matable part of a fastening assembly selected from the group consisting of a hook-and-loop fastening system, an interlocking quick-release buckle system, at least one snap system, a standard buckling system, and combinations thereof;

said second portion comprising a cooperating mate-part of said fastening assembly, capable of ready capturing and uncapturing.

8. An apparatus described in claim 7 hereinabove, wherein:

said first terminus comprises an aperture sized to accept said stirrup strap inserted therethrough;

 said stirrup strap further comprising a second terminus including one matable part of a hook-and-loop fastening system, and further comprising an intermediate portion including the cooperating mate-part of said hook-and-loop fastening system, said second terminus insertable through said aperture and doubling back against said intermediate portion for cooperative mating of said hook-and-loop fastening system.

9. An apparatus described in claim 4 hereinabove, wherein said tethering strap end attachment to said stirrup strap further comprising a second anchoring means for releasably attaching said tethering strap to said stirrup strap, selected from the group consisting of a hook-and-loop fastening system, an interlocking quick-release buckle system, at least one snap system, a standard buckling system, and combinations thereof.

10 An apparatus described in claim 9 hereinabove, wherein said second anchoring means comprises one matable part of an interlocking quick-release buckle system attached to said first terminus of said stirrup, and the other matable part of an interlocking quick-release buckle system attached to said end of said tethering strap.

11. An apparatus described in claim 1 hereinabove, wherein said substratum comprises carpet.

12. An apparatus described in claim 11 hereinabove, further comprising at least one grommet along a foremost margin of said substratum, capable of accepting impalement by a means for staking

said substratum to the underlying surface.

13. An apparatus described in claim 11 hereinabove, further comprising a plurality of marginal grommets, spaced to assure the desired level of staking of said substratum.

14. An apparatus described in claim 1 hereinabove, comprising a plurality of separate stirrups, one worn by one batter while tethered to said substratum and another worn by a prospective batter off of said substratum.

15. An apparatus described in claim 14 hereinabove, wherein each separate stirrup comprises a separate tethering strap having the length, width, thickness and elasticity suitable for optimal modification of the batting swing motion of the particular wearer.

16. An apparatus for modifying the stride of a baseball batter's swing motion, comprising:
a stirrup strap sized for capturing the arch portion of a baseball batter's foremost foot, comprising a first terminus and a second portion, said first terminus including one matable part of a hook-and-loop fastening system and said second portion comprising a cooperating mate-part of said fastening assembly, said first terminus further comprising an aperture sized to accept said stirrup strap inserted therethrough and doubling back against said second for cooperative mating of said hook-and-loop fastening system, said stirrup strap further comprising a second terminus including one matable part of a quick release buckle;

an elastomeric tethering strap comprising an end snapped to a substratum affixed atop the

ground surface, and a second end comprising the other matable part of said quick release buckle.

17. An apparatus for modifying the stride of a baseball batter's swing motion, comprising:
 - an elastomeric bunge cord stirrup having both ends attached to a substratum by means for releasably anchoring said stirrup to said substratum affixed atop the ground surface, the intermediate portion of said stirrup comprising a loop sized for circumnavigating the arch portion of a baseball batter's foremost foot, said elastomericity including biasing favoring the return of said strap to its original shorter length and providing elastomeric constraint essentially equally in all directions during elastomeric lengthening of said strap, said elastomeric constraint being insufficient to prevent the batter's foot from leaving said substratum;
 - said means for releasably anchoring said tethering strap to said substratum releasing upon the application of said elastomeric constraint sufficient to constitute substantial destabilizing hindrance, so that the batter's foremost foot is allowed to stride in any direction essentially free of substantial destabilizing hindrance.
18. An apparatus described in claim 16 hereinabove, further comprising an elastomeric bunge cord heel stirrup having both ends attached to said stirrup, the intermediate portion of said heel stirrup comprising a loop sized for circumnavigating the heel portion of a baseball batter's foremost foot.
19. An apparatus described in claim 17 hereinabove, wherein said substratum comprises carpet.

20. An apparatus described in claim 17 hereinabove, further comprising a plurality of marginal grommets, spaced to assure the desired level of staking of said substratum.